

# MY BAD THOUGHTS

## HOW TO FILL IN THIS SHEET

CHOOSE A TIME  
WHEN YOU FELT BAD

WHAT WENT  
THROUGH YOUR MIND  
AT THAT TIME?

- ABOUT YOU?
- ABOUT OTHERS?
- ABOUT WHAT HAS HAPPENED?
- ABOUT WHAT MIGHT HAPPEN?
- ABOUT WHAT OTHERS THINK ABOUT YOU?

USE THIS SPACE FOR  
REFLECTION

